



**B**E VERY careful in selecting mutton. You may know it is good when the flesh is rather dark and the fat white. If the fat breaks easily the mutton is young. English people prefer mutton to be quite old, while Americans like it just after it has passed the lamb age. Southdown sheep from two to three years old, if well cared for, make the best mutton for roasting, while for boiling or broiling it is better younger. The wether sheep is much superior to the ewe. Its flesh is firmer and at the same time more tender. You may readily know if a leg of mutton is cut from the wether by the large hard piece of fat on one side at the larger and upper end. If from a ewe, that part is merely a sort of skin with a little fat on it.

A joint of mutton for roasting, such as a leg, saddle, loin or breast, must not be too freshly killed. It is always best to hang it in a cool place for several days before roasting. Then it becomes well seasoned and much more tender. It must not be hung until it is tainted, but just long enough to become gamey, or what some call "high." Mutton kept in this way is more delicious than venison. If you are going to roast a leg of mutton, stick a few whole cloves in it through the skin on the outside of the leg, then peel a clove of garlic and imbed it in the flesh near the bone, just where it has been cut from the carcass of the sheep. Having put the garlic and the cloves in the leg, hang it in a cool place, with the small end down, and hang it so it does not touch the wall.

Treat a saddle of mutton in the same way, sticking about twenty cloves through the blanket each side of the back bone, about an inch apart and about an inch from the bone. Put a clove of garlic in each end of the saddle just at the side of the bone. Make a sort of net of cord, or else tie thin cheese cloth, and hang it for several days in a cool place. It is not possible to make a set rule about the time for mutton to hang. It depends on many different conditions. First, how long it has been killed when you buy it. Next, upon the weather; then upon what sort of place you have to hang it. If you do not just understand these conditions, get your dealer to hang it in the rack in his stall until it is "high" or "ripe" for use. Do not have it hang in an ice chamber, as it would spoil the flavor of the mutton.

Roast mutton, like roast beef, is much better served rather undone, but should be a little more done than rare beef. When properly roasted, a joint of mutton, whether it be a loin, a saddle, a leg or a breast, should be served with its own gravy only. That is, with the juice that is in the dripping pan. Roast mutton may be served with browned potatoes round it on the platter, with quenelles, with carrots, with spinach, with mushrooms, with beans or plain. Currant jelly should always accompany roast mutton.

You can't cook mutton by guess or by hearsay, neither can you be regulated by exactly so many hours and minutes in roasting it. The oven may be quicker one day than another, or slower; the meat may be more tender or harder; so if you stick to the time as given by some cook book you will fail ten times out of eleven. Every one must cook mutton according to his or her taste, or according to the prevailing taste of the family.

To roast a leg of mutton after it has been hung as by the directions given above, put the meat in a dripping pan and stand it in a very hot oven. After it has been in the oven about fifteen minutes pull the pan forward, baste the joint well with the drippings, and sprinkle well with salt and a little black pepper. Reduce the heat of the oven somewhat by turning the dampers properly. This can be done to perfection with a gas range. Put the pan back, close the oven door and let the joint roast steadily, and baste it at least every twelve minutes. If it seems to be browning too fast, dash a little hot water over it out of the tea kettle. If the leg weighs eight pounds, let it roast an hour and a half, then try it with a thin skewer or a larding needle, thrusting it in near the bone on the leg end. If it is too rare, let it roast a little longer. About fifteen minutes to a pound is the average time for roasting mutton.

When the joint is done place it on a very hot platter and stand it in a hot place—an open oven is best—then proceed to prepare the gravy. Pour off as much fat as possible. When you can pour off no more without disturbing the juice of the meat, take a spoon and gently skim off the fat. After this take a piece of porous brown paper and lay it over the juice in the pan and quickly lift it off with both hands. The paper will absorb all the fat remaining. Pour the juice of the mutton on the platter and serve the joint at once. Carve a leg of mutton by beginning in the middle from the top side and cutting straight down to the bone. Cut the slices rather thick.

To boil a leg of mutton select a fine fresh leg which is very fat. Have the bone end trimmed closely to the flesh. Put the joint in a large kettle, cover it with cold water. Add a tablespoonful of salt and a small red pepper. Stand the kettle on a slow fire, and when the scum begins to rise on the water skim it off carefully, leaving not even a flask. After it begins to boil cook the mutton slowly for two hours. If you like it very well done, boil it two and a half hours. Serve on a large hot platter. Surround the joint with young carrots, boiled, and serve it with caper sauce, which is a rich, thick cream sauce to which capers have been added. Do not be skimping with the capers, put plenty of them in the sauce, as well as plenty of the vinegar in which they are preserved. Boiled turnips,

cut in slices or in dice shaped pieces, and cream spinach are in order as an accompaniment to boiled mutton. Boiled potatoes, with a strip of their peels cut off half way round, should always be served with a boiled leg of mutton. The water in which a leg of mutton has been boiled should always be saved to make mutton broth for dinner the next day.

half pint glass of the jelly into a sauce pan and stand it on the fire where the jelly will melt. As it is melting, gradually stir into it a tablespoonful of dry English mustard. As soon as the mustard and melted jelly are perfectly blended into a paste, pour it into the glass and stand it where it will stiffen again. The pungency of the mustard added to the flavor of the jelly makes a perfect sauce for mutton.

..... Cut two carrots and a small yellow turnip with a vegetable scoop. Put them in a stew pan with cold water, slightly salted, and set the stew pan on the stove. Let the vegetables boil gently till tender, then drain them through a colander. Boil also in the same way two tablespoonfuls of green peas or string beans, cut in little dice, and drain them when tender. Then put all these vegetables into one stew pan, pour over them a little broth, just enough to cover them. Season with salt and white pepper, and boil them gently for five minutes.

Broil six large English mutton chops over a quick fire or under a gas flame. Season them with salt and lay them in a circle, bone ends out, round the edge of a deep platter. Pour the vegetables out of the stew pan in the centre of the platter. Put a little pat of butter on each chop and a few flecks of butter over the vegetables. Stand the platter under the gas flame just half a minute and serve the chops at once.

There are more than a hundred ways of cooking and serving mutton chops, but the best of all ways is to broil them and serve them plain. Baked potatoes and a tomato salad always go with chops.

JULE DE RYTHER.



**T**HE markets just now offer no end of tempting things, which cost such a lot of money that they must be classed among the luxuries of life. Perhaps the most expensive and at the same time the most delicious of all the imported hothouse fruits now to be found in the market are the luscious black Hamburg grapes, selling from \$2.50 to \$5 a pound. They come from England and from the Isle of Man. They are most carefully packed in thin sheets of wadding and placed in the cold storage rooms now provided on the ocean steamers, and are delivered to the few dealers who handle them just as soon as possible. These grapes are raised also by one or two fruit growers up the Hudson, above West Point. These are even better than the imported ones, and frequently sell for \$6 a pound. Other grapes in market at present are the Spanish Malagas, very nice, and as low as 35 cents a pound, some selling for 40 cents.

There are a few Florida oranges in market. They come from the Citrus belt, which was not affected by the frost of two seasons ago. These oranges are very fine and sell from 75 cents to \$1 a dozen. Florida mandarins and tangerines sell from 75 cents to \$1 a dozen. Florida is also just now furnishing us with some very fine pineapples, at \$1 each for the large ones and 75 cents each for the smaller ones. California oranges, those known as the Washington navels, raised in the Redlands, are the best we get from California, and cost from 60 to 75 cents a dozen.

Aspinwall bananas sell for 50 cents a hand for the choice fruit. Messina lemons are 25 cents a dozen and very fine. Valencia and Messina oranges are only 20 cents a dozen. These are not luxuries, but they are delicious. Florida grapefruit are awfully high, selling from 40 to 50 cents each. Florida strawberries are \$1 a basket. Hothouse tomatoes are 50 cents a pound. Florida tomatoes are 25 cents a pound. Hothouse cucumbers are 35 cents each. Hothouse asparagus is \$1 a bunch. Hothouse mushrooms from 75 cents to \$1 a pound. Hothouse radishes, raised on Long Island and up in Westchester, are 30 cents a bunch. Fine celery from Middletown, N. Y., something new, sells for \$1 a dozen stalks. Bar le Duc jelly is 25 cents a glass. There are several brands of sausages, extra fine, selling at 25 cents a pound.

Coal that is kept in a dry and airy place will burn much longer than that which is kept in a close cellar with no ventilation. When coal is kept in an airless place it gets rid of its gas, and the absence of this renders it less powerful and more wasteful when burned.

Cleaning Vegetables.—All housekeepers will be glad to learn a thoroughly reliable way of cleansing vegetables. Make a strong brine of a pound and a half of salt to a gallon of water. Into this place the vegetables, with the stalks uppermost, for two or three hours. This will destroy all the insects which cluster in the leaves, and they will fall out and sink to the bottom of the pan.



The man who lets a lady stand,  
Where others push and crowd her,  
Should have the best and strongest brand,  
Some Cleveland's Baking Powder,  
To raise him.